



WARMUP

Allow 15 minutes per set

1 set is enough for warmup unless your opponent/partner is running late then you can do more!

Exercise	Reps
Leg Swings - Front to Back	10
Leg Swings - Side to Side	10 each leg
RDL	10 each leg
Glute Bridge w/ heel step	10
Deadbug	10 - 25 on each side
Supine Twists	15 each side
Book Opener	10 each side
3 Point T-Spine Opener	10 each side
Plank (or with arm reach below))	30 - 120 secs
Plank with arm reach	10 - 15 each side
Side Plank	30 - 60 sec each sides
Adductor plank	15 - 30 sec each sides
Calf Raises	15 - 20 each leg
Lateral steps with bands	15-20 each directions
Skipping	60 seconds

Extra	
External rotators	15 each arm
Internal rotators	15 each arm
Band row	15 - 20
Band Press	15 - 20
Beginner glute bridge	10 - 15
Single leg glute bridge	8 - 12
Window wipers	10
Calf foam roll	30 - 60 sec each leg
Glute foam roll	30 - 60 sec each side

Please note Functional Tennis is not a qualified trainer or physio and these exercises were built in conjunction with working with a physio over the past years to help find exercises that are great for warming up and also allow to build strength in important areas. IF you feel pain STOP



WARMUP

Allow 8- 10 minutes per set

1 set is enough for warmup unless your opponent/partner is running late then you can do more!

Exercise	Reps
Leg Swings - Front to Back	10
Leg Swings - Side to Side	10 each leg
RDL	10 each leg
Glute Bridge w/ heel step	10
Deadbug	10 - 25 on each side
Supine Twists	15 each side
Book Opener	10 each side
3 Point T-Spine Opener	10 each side
Plank with arm reach	10 - 15 each side
Side Plank	30 - 60 sec each sides
Lateral steps with bands	15-20 each directions
Skipping	60 seconds

Extra	
Plank (or with arm reach below)	30 - 120 secs
Adductor plank	15 - 30 sec each sides
Calf Raises	15 - 20 each leg
External rotators	15 each arm
Internal rotators	15 each arm
Band row	15 - 20
Band Press	15 - 20
Beginner glute bridge	10 - 15
Single leg glute bridge	8 - 12
Window wipers	10
Calf foam roll	30 - 60 sec each leg
Glute foam roll	30 - 60 sec each side

Please note Functional Tennis is not a qualified trainer or physio and these exercises were built in conjunction with working with a physio over the past 3 years to help find exercises that are great for warming up and also allow to build strength in important areas. IF you feel pain STOP